

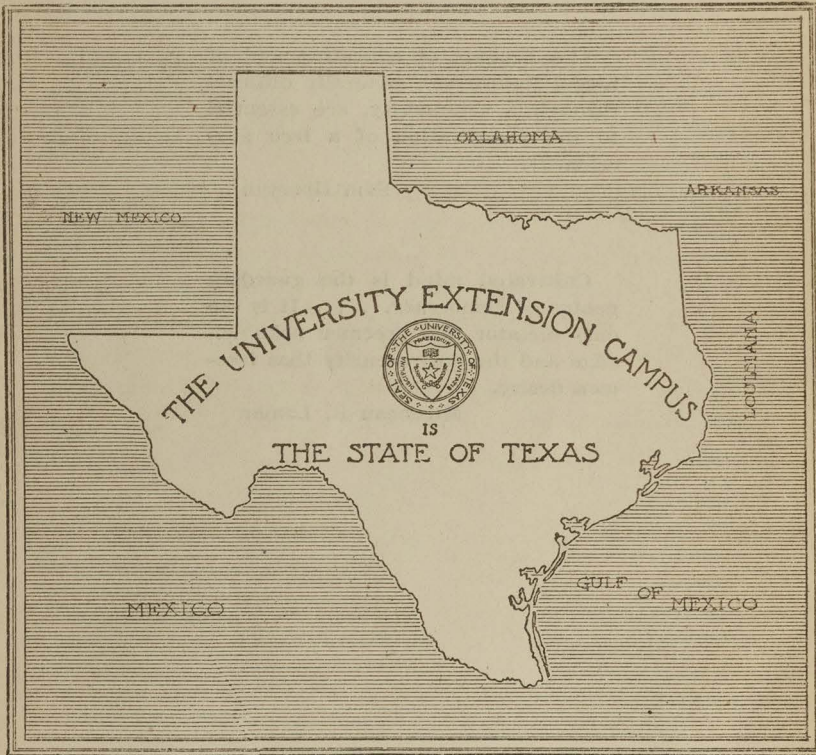
University of Texas Bulletin

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FOOD CONSERVATION TO HELP WIN THE WAR

Recipes for Saving
WHEAT, SUGAR, MEAT, AND FAT

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AUSTIN, TEXAS.

The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government.

Sam Houston

Cultivated mind is the guardian genius of democracy. . . . It is the only dictator that freemen acknowledge and the only security that freemen desire.

Mirabeau B. Lamar

PREFACE

This bulletin contains a reprint of recipes first issued in four separate pamphlets. The University Extension Department is devoting its energies just so far as possible in helping to win the war. The recipes that follow, prepared by Miss Minerva Lawrence, Extension Lecturer in Home Economics, meet the requirements of food conservation as announced by the Federal Government. Laboratory experiments on food conservation are constantly being conducted by the University Home Economics staff. If those interested in food problems not covered by this bulletin will write to Miss Mary E. Gearing, University, Austin, Texas, all possible assistance in solving such problems will be furnished.

E. D. SHURTER,
Director.

FOREWORD

This year the United States and Canada together produced only 1,000,000,000 bushels of wheat. Of that amount we need 700,000,000 bushels for our own use, leaving only 300,000,000 bushels for export. It is not necessary to repeat that if we can help to furnish our allies food—wheat in particular—that we are accomplishing as much good as if we were actually fighting. Our allies need all the wheat we can send them, and the only way to increase the amount available for them is by individual saving of ounces. Mr. Hoover has asked us to observe “one wheatless day” each week. Wednesday is the day that has been officially designated by the Government as the one to be desired. However, if we serve three meals a week without the use of wheat we will accomplish the same result. If each family in the United States will save one-half a cup of wheat flour daily, there will be saved each day a total of 250,000,000 pounds, or 12,500 bushels, or 2,850,000 loaves of bread. Is not this amount worth saving now in order to provide against a shortage later?

EXPLANATIONS AND DIRECTIONS

All measures used in these recipes are *level*.

Dry materials are measured after sifting.

Each recipe contains at least six servings.

Ingredients are given in order in which they should be combined.

Abbreviations

c=cup;	pt.=pint;
T=tablespoon;	f. g.=few grains;
t=teaspoon;	f. d.=few drops;
B.P.=baking powder;	min.=minutes;

Measures

3 t=1 T;	2 pts=1 qt;
16 T=1 c;	16 oz=1 lb.
2 c=1 pt;	

GENERAL DIRECTIONS FOR YEAST BREAD

Ingredients.—Use a reliable brand of flour, pure milk, live yeast—in fact, all materials must be in good condition to insure a good finished product.

Mixing Process.—Knead dough very thoroughly. Dissolve compressed yeast in measure of water. If dry yeast is used first soften in $\frac{1}{4}$ c of tepid water.

Care of Bread.—While rising keep the mixture at an even temperature. The most favorable temperature for the growth of the yeast plant is about 90 degrees F. Whether rising or baking the bread should be in a greased receptacle.

Lightening Process.—Allow the mixture whether in the form of sponge, dough or loaf, to rise until “double in bulk.”

Baking process.—Have the oven hot enough to brown a piece of white paper in five minutes. Bread should begin to brown in 15 minutes. After that time lower the temperature so that the bread will bake slowly. A pound loaf of bread should bake one hour. Rolls and biscuits require from 20 minutes to 30 minutes.

Care of Bread after Baking.—Turn loaves out of the pans on to a rack or clean white cloth to cool. Leave uncovered. Store in air-tight tin box or stone jar after thoroughly cooled.

Summary of Steps in Bread Making Process.—Combine ingredients in the order given in each specific recipe. Knead dough very thoroughly. Let dough rise to “double in bulk.” Shape into loaves or rolls, let rise to “double in bulk.” Bake—see *baking process*.

RECIPES

Cornmeal Mush Bread

1 T corn syrup

1½ t salt

⅔ c water—boiled.

To tepid mixture add

¼ yeast cake—dissolved,

1 c mush

2½ to 3 c flour

See*

Note: To make cornmeal mush use ½ c cornmeal and ¾ c boiling water.

Cottonseed Flour Bread

1½ T corn syrup

1½ t salt

1 c water—boiled

When lukewarm, add

¼ yeast cake—compressed (one whole cake may be used)

Dissolve thoroughly, add gradually

1 c sifted cottonseed flour

2 c sifted white flour

Dough may seem sticky.

See*

Oatmeal Bread

2 c oatmeal

3 c boiling water

When lukewarm, add

¼ c corn syrup

1½ t salt

1 cake yeast, dissolved in

1 c warm water (boiled)

1 T shortening

Four to make a dough.

See*

*Knead thoroughly. Follow general directions for bread making for rest of process.

Oatmeal Cornmeal Bread

1 c rolled oats

$\frac{1}{2}$ c cornmeal

$1\frac{1}{2}$ t salt

1 T shortening

Mix well, add

2 c boiling water

Let stand 1 hr., add

$\frac{1}{2}$ c molasses

$\frac{1}{2}$ cake yeast, dissolved in

$\frac{1}{4}$ c water

$5\frac{1}{2}$ to 6 c flour.

See*

Peanut Bread

$2\frac{1}{2}$ c flour

1 c crushed roasted peanuts

1 t salt

2 T corn syrup

$\frac{1}{2}$ cake yeast—dissolved in

1 c lukewarm water

Any other nuts may be used in place of peanuts.

See*

Peanut Flour Bread

1 T corn syrup

1 t salt

1 T shortening

1 c water—boiled

1 yeast cake

1 c peanut flour

2 c wheat flour

(Rice flour may be used in place of the peanut flour.)

See*

*Knead thoroughly. Follow general directions for bread making for rest of process.

Sweet Potato or Pumpkin Bread

$\frac{1}{2}$ c liquid

$\frac{1}{2}$ cake yeast

Dissolve yeast thoroughly, add

1 c cooked sweet potato or pumpkin, riced

1 t salt

1 T corn syrup

1 T shortening

Mix ingredients thoroughly, add about

$2\frac{1}{2}$ c flour.

See*

Variations: The following cooked foods, strained or run through the colander may be substituted for the sweet potato or pumpkin, Irish potato, cornmeal mush, oatmeal.

Rice Bread

1 T corn syrup

$1\frac{1}{2}$ t salt

1 T shortening

$\frac{2}{3}$ c water—boiled

1 yeast cake

1 c steamed rice

$2\frac{1}{2}$ c flour

See*

Note: Rolls or biscuits may be made from these recipes.

QUICK BREADS, CAKES AND COOKIES

In making drop or emergency biscuits and muffins, flour as well as time and energy are saved which otherwise would be consumed in rolling and cutting the dough.

If it is desired to have a dough stiff enough to roll it may be obtained by adding from $\frac{1}{4}$ to $\frac{1}{3}$ more flour. However, this is not recommended because of the flour wasted by careless and inexperienced persons who leave an undue amount on the board and on the hands.

*Knead thoroughly. Follow general directions for bread making for rest of process.

Bean Muffins

2 eggs—well beaten

$\frac{1}{2}$ c milk

1 c cold bean pulp (lima, navy, black-eyed peas)

Stir well, add mixed and sifted

2 c flour

2 t B.P.

1 t salt

Lastly add

$\frac{1}{3}$ c melted fat

Bake in muffin tins.

Bran Muffins

$1\frac{1}{2}$ c bran

1 c flour

3 T molasses or corn syrup

$\frac{1}{2}$ t salt

1 t soda

Mix well, add

1 c buttermilk

1 T liquid fat

Bake in muffin tins

Recipe makes 9.

Cornmeal Gingerbread

1 c molasses or honey

2 T fat

1 t salt

1½ c sour milk

Heat in double boiler, pour over

2 c cornmeal

Mix well, cook in double boiler 10 min. after water
begins to boil.

Cool, add the following mixture

1 c wheat flour

½ t ginger

1 t cinnamon

½ t cloves

¾ t soda

Lastly add

1 egg—well beaten

Bake in shallow pan.

Cornmeal Peanut Biscuits

1½ c wheat flour

1½ c cornmeal

1 c crushed roasted peanuts

2 t salt

6 t B.P.

Mix well, add

¾ c liquid or sufficient to mix

Drop from tablespoon 1 inch apart.

Bake 15-20 minutes in hot oven.

Cornmeal-Rice Muffins

$\frac{2}{3}$ c scalded milk—pour over

$\frac{1}{2}$ c cornmeal, add

2 T shortening

1 c cooked rice

$1\frac{1}{2}$ T corn syrup

$\frac{1}{2}$ t salt

Mix well, when cool add

1 egg—well beaten

$\frac{1}{2}$ c flour

3 t B.P.

Bake in well greased muffin pans in hot oven.

Cottonseed Flour Drop Biscuits

$\frac{2}{3}$ c cottonseed flour

$1\frac{1}{3}$ c wheat flour

3 t B.P.

$\frac{1}{2}$ t salt

Sift thoroughly, add

2 T cottonseed oil

$\frac{3}{4}$ to $\frac{7}{8}$ c milk

Drop on greased baking sheet.

Bake 15 to 20 min. in hot oven.

Fifty-fifty Emergency Biscuits

2 c cornmeal, soy bean, peanut, or rice flour

2 c flour

6 t B.P.

2 t salt

Sift twice, add

4 T shortening—clarified chicken fat

2 c liquid

Drop on greased baking sheet.

Bake 15 to 20 min. in hot oven.

Peanut Bread

2 c Graham flour

2 c flour

6 t B.P.

1 t salt

1 c peanuts—ground or chopped

$\frac{1}{2}$ c molasses

Mix thoroughly, add

2 or $2\frac{1}{8}$ c milk

Put in bread pan, let rise 1 hour.

Bake $\frac{3}{4}$ hour in moderate oven.

Pumpkin or Sweet Potato Muffins

Dry mixture:

$1\frac{1}{3}$ c flour

3 t B.P.

$\frac{1}{2}$ t salt

Liquid mixture:

1 egg—well beaten

$\frac{3}{4}$ c milk

1 T fat

$\frac{1}{3}$ c sweet potato or pumpkin—cooked, mashed

2 T corn syrup

Combine mixtures,

Bake in muffin pans 30 min. in moderate oven.

Recipe makes 9 muffins.

Rice Flour or Cornmeal Gems

2 c rice flour or cornmeal

2 c wheat flour

2 t salt

4 t B.P.

3 T jam

3 T shortening (melted)

1 egg—well beaten

$2\frac{1}{4}$ c milk, or sufficient to make drop batter.

Let stand in pan 5 min.

Bake 20 to 30 min. in moderate oven.

Recipe makes 18 muffins.

Spoon Corn Bread

1 c cornmeal

$\frac{1}{2}$ t salt

$1\frac{1}{2}$ c boiling water

Mix well, cook 10 min. cool, add

1 egg—well beaten

1 T molasses

1 c sour milk

Mix well, add

$\frac{1}{3}$ t soda, dissolved in

1 T water

2 T melted shortening

Bake in pudding dish $\frac{3}{4}$ hour in moderate oven.

Whole Wheat and Peanut Flour Biscuits

$1\frac{1}{2}$ c whole wheat or Graham flour

$\frac{1}{2}$ c peanut flour

3 t B.P.

1 t salt

Mix well, add

2 T shortening

Work in with spatula or case knife, add about

$\frac{3}{4}$ c liquid (water or milk)

Mix with a knife to a soft dough.

Toss on slightly floured board, roll to $\frac{1}{2}$ inch in thickness. Handle as little as possible.

Shape with biscuit cutter.

Bake 15 to 20 min. in hot oven.

Raisin Breakfast Cakes

$\frac{1}{4}$ c corn syrup

2 T shortening

Cream together, add

$\frac{3}{4}$ c milk

Then add mixed and sifted dry ingredients:

2 c flour

4 t B.P.

1 t salt

Lastly, add

1 c raisins—washed

Bake 25 to 30 min. in greased muffin tins in moderate oven.

Recipe makes 12 individual cakes.

Cocoa Tea Cakes

5 T peanut or cottonseed oil

$1\frac{1}{4}$ c corn syrup

Cream together, then beat in one at a time

2 eggs, add

6 T milk

Beat well, add following well sifted mixture

$\frac{1}{2}$ c flour

$\frac{1}{2}$ c rice flour or cornstarch

3 t B.P.

$\frac{1}{4}$ c cocoa

$\frac{1}{4}$ t salt

Lastly add

1 t vanilla

Bake in greased muffin tins 15 to 20 min. in moderate oven.

Recipe makes 12 cakes.

Oatmeal Cookies

$\frac{1}{2}$ c shortening

$\frac{3}{4}$ c molasses

Cream well, add

2 c rolled oats—over which has been poured

$1\frac{1}{2}$ c hot water

Cool, lastly add the following mixture:

2 c flour

$\frac{1}{2}$ t soda

$\frac{1}{2}$ t salt

1 c nuts, chopped—may be omitted

Drop from teaspoon one inch apart.

Bake in moderate oven.

Rice Flour Sponge Cakes

1 c corn syrup

3 T boiling water

Mix well, add the following mixed and sifted dry ingredients:

$\frac{1}{2}$ c flour

$\frac{1}{2}$ c rice flour

2 t B.P.

$\frac{1}{2}$ t salt

When well blended, add

$\frac{1}{4}$ t lemon extract or juice, or—

$\frac{1}{2}$ t vanilla

2 egg yolks—beaten until light and lemon colored

Lastly fold in

2 egg whites—beaten stiff and dry

Rinse muffin tins in cold water

Fill $\frac{2}{3}$ full with batter

Bake 20 min. in moderate oven.

Recipe makes 12 cakes.

FOREWORD

Our sugar supply is short, as is evidenced by the rapid rise of the price of sugar during the last two years. The demand is now greater than ever with the problem of feeding our army in the most efficient way and of supplying our allies with sugar. The average per capita daily allowance of sugar in France has been for a long time one ounce, and is likely to go lower unless we can come to the rescue. Sugar, which is almost pure carbohydrate, is one of the best energy producing foods, and can be transported more easily than honey and syrups. Therefore, use corn syrups, fruit syrups and honey in your cooking. If each of our 20,000,000 families will cut down their daily consumption of sugar one ounce, 1,250,000 pounds per day will be saved. The French people, Mr. Hoover says, will be entirely without sugar for over two months if we refuse to part with enough from our stock to keep them supplied with even this small allowance, as it is not available from any other quarter. Sugar, even to a greater amount than the French ration is a human necessity. If our people will reduce by one-third their purchases and consumption of candy and of sugar for other uses than preserving fruit, which we do not wish to interfere with, we can save the French situation. Under present conditions, we now use about five times as much sugar as the French. Let us divide with them and with our soldiers who are fighting there.

RECIPES

Buttermilk Cake

1/2 c corn syrup or molasses

2 T shortening

Cream well, add

1 egg—well beaten

To—

3/4 c buttermilk, add

1/4 to 1/2 t soda dissolved in

1/2 T water

Combine above mixtures, fold in

1 1/2 c flour

1/2 t salt

1 t B.P.

Flavor to suit taste

Recipe fills two layer cake pans or oblong pan 7x14 inches.

Conservation Pudding

1 c dates—ground

1 c nuts—ground

1/2 c bread crumbs

2 t B.P.

1 egg—well beaten

f. g. salt

2 T water

Mix well, bake about 20 min. in greased individual tins

Serve with Hoover Sauce

Recipe serves 6 or 8.

Eggless Cake

1 c corn syrup or honey

2 T shortening

Cream together, add

1 c apple sauce (unsweetened)

Fold in mixed and sifted dry ingredients

2 c flour

2 t B.P.

1 t cinnamon

$\frac{1}{2}$ t cloves

$\frac{1}{2}$ t allspice

Lastly add

$\frac{3}{4}$ c chopped raisins

Bake in loaf pan or in shallow pan 8x10 inches.

Minus Cake. (*Minus sugar, butter, milk and egg*)

Cooked mixture:

$\frac{3}{4}$ c corn syrup

4 T peanut or cottonseed oil

$1\frac{1}{4}$ c water

1 c raisins—chopped

2 oz. citron—cut fine, if desired

Cook ingredients 3 min. Cool, add

Dry mixture:

2 c flour

5 t B.P.

$\frac{1}{2}$ t nutmeg

1 t cinnamon

$\frac{1}{2}$ t cloves

$\frac{1}{2}$ t salt

Recipe fills 2 shallow pans 8 inches square. Bake
 $\frac{3}{4}$ hour in moderate oven.

Oatmeal Krumble Cake

$\frac{1}{2}$ c corn syrup

$\frac{1}{2}$ c honey

6 T shortening

Cream together, add

2 eggs—well beaten

2 c rolled oats

1 t soda dissolved in

1 T water

Fold in the following well sifted mixture

2 c flour

$\frac{1}{2}$ t salt

2 t cream of tartar

1 t cinnamon

Bake in shallow pan 45 min. in moderate oven.

Recipe makes cake 8x10 inches.

Crumble and serve with sauce or whipped cream.

Standard Cake

4 T fat

$\frac{3}{4}$ c corn syrup

Cream together, add

1 egg—well beaten

$\frac{1}{2}$ c milk

1 t lemon juice

When thoroughly blended, beat in the following mixture

1 c flour

$\frac{1}{2}$ c rice flour

$3\frac{1}{2}$ t B.P.

Bake in 2 layers or in oblong pan 7x14 inches.

Serve plain or with any filling desired.

Banana Snow

(Filling for cake)

1 egg white—beaten stiff and dry

Fold in

 $\frac{1}{4}$ c boiling corn syrup

2 bananas—riced, any fruit pulp may be used

Flavor with

 $\frac{1}{2}$ T lemon juice*Chocolate Filling* $\frac{1}{2}$ c grated chocolate or 2 squares chocolate—melted $\frac{2}{3}$ c honey or corn syrup

1 large egg—well beaten

Cook ingredients in double boiler until consistency to spread.

Hoover Sauce

1 c boiling water—pour over

 $1\frac{1}{2}$ T cornstarch—blended with

1 T cold water

f. g. salt

Cook until the consistency of thick cream, add

 $\frac{1}{2}$ c corn syrup

Juice and grated rind of 1 lemon.

Sour Cream and Nut Filling $\frac{3}{4}$ c corn syrup

1 c sour cream

Cook 20 min., add

 $\frac{1}{2}$ c nuts chopped

Spread on cake.

Peanut Meal Cookies

$\frac{1}{2}$ c corn syrup

5 T peanut oil

Cream together, add

1 egg—well beaten

1 T water

Lastly add

Equal portions of flour and peanut meal

1 t B.P. for each cup of flour

Roll thin, bake in moderate oven.

Peanut Newtons

8 T fat

$\frac{3}{4}$ c molasses

Cream well, add

1 egg—well beaten

$\frac{1}{2}$ c milk

Lastly add

$4\frac{1}{2}$ to 5 c flour

3 t B.P.

Roll to $\frac{1}{8}$ inch in thickness

Cut desired size and shape

Arrange in pairs—spread one of each pair with the following filling:

Fillings

$\frac{3}{4}$ c molasses

$2\frac{1}{2}$ T flour

Blend well, add

1 c boiling water

Cook until right consistency to spread, add

1 c peanuts—ground

Cool, spread as directed above

Bake in hot oven.

Recipe makes 5 doz. cookies, $2\frac{1}{4}$ inches in diameter.

Note: Figs may be substituted for the peanuts.

Norwegian Prune Pudding

$\frac{3}{4}$ c corn syrup

5 T corn starch

Blend together, add gradually

$1\frac{1}{2}$ c boiling prune juice or part water, add

$\frac{1}{2}$ lb. cooked prunes—stoned

1 T lemon juice

Cook until sufficiently thick to mold.

Stir constantly until thickened.

Mold, chill, and serve with cream or a sauce.

Rice Custard Pudding

2 c cooked brown rice

2 c milk

3 T corn syrup

f. g. salt

2 egg yolks—slightly beaten

Cook until thickened—about 3 min.

Slightly cool, fold in

2 egg whites—beaten stiff

Flavor with

$\frac{1}{2}$ t vanilla

Serve cold.

*General Directions for the Preparation and Cooking of
Dried Fruits*

Look over fruit carefully

Wash until water is clear.

Cover with water, allow to stand over night, or for several hours.

Cook *until tender* in the water in which the fruit was soaked. Use a steamer or fireless cooker or simmer on the top of the stove.

Note: Long, slow cooking develops the natural sugar. If fruit is not sufficiently tart, add lemon juice or f. g. cream of tartar. Sweeten slightly with honey or corn syrup.

Chocolate Sauce

- 2 T flour
- 1½ T ground chocolate
- 3 T honey, or 4 T corn syrup
- f. g. salt

Blend; add gradually

- 1 c boiling water

Cook, stirring constantly until thickened. Add

- T peanut oil
- 1 t vanilla

Serve hot

Note: Excellent as an accompaniment to cottage pudding, puddings made with apples, and scalloped apples.

Fruit Sauce

- ½ c corn syrup
- 4 T flour
- ½ t salt

Blend; then add

- 2 c fruit juice

Cook to the consistency of thick cream, add

- 2 T peanut oil
- 1½ T lemon juice

Serve hot.

Note: This sauce may be made from the juice of prunes, apples, strawberries, plums, and is especially good served with bread, cake or cottage pudding. This is an excellent way to use the surplus fruit juices left from canned fruit.

Soft Custard

- 2 c milk—scald
- 3 egg yolks or 2 eggs—beat slightly
- 3 T syrup
- f. g. salt

Combine ingredients. Cook until mixture thickens

Stir constantly. Flavor with

- 1 t vanilla or any other flavoring

Note: Should the custard curdle, beat with Dover egg beater until smooth.

Brown Betty

In a buttered baking dish arrange each of the following ingredients in two layers:

3 c chopped apples

2 c bread crumbs (cottonseed bread may be used)

$\frac{1}{4}$ t cinnamon

$\frac{1}{4}$ t nutmeg

Add the following liquid mixture:

$\frac{1}{2}$ c molasses, honey or corn syrup

1 lemon (juice and grated rind)

$\frac{1}{4}$ c water

Cover top of dish with buttered (with oil) bread crumbs

Bake in moderate oven until apples are tender—
45 min.

Note: Dried apples or any other fruit may be used.

Cornmeal and Apple Scallop

$\frac{1}{2}$ c cornmeal

$1\frac{1}{2}$ c boiling water

1 t salt

Cook until mixture is thick, add

2 large apples—sliced or chopped

Add the following mixture

2 T molasses

1 T oil

$\frac{1}{2}$ c water

Pour in buttered pudding dish

Bake in slow oven until apples are soft—from 45
min. to 1 hr.

Note: Delicious served as a dessert with sauce or cream. Any other fruit may replace the apples.

Honey Bran Muffins

2 c flour—whole wheat

1 c bran

$\frac{3}{4}$ c raisins—dates or nuts

Mix well, add the following mixture

$1\frac{1}{4}$ c sour milk

$\frac{3}{4}$ t soda dissolved in

1 T water

1 T fat

2 T honey or corn syrup

Bake in muffin pans 15 to 20 min.

This recipe makes 12 muffins.

Hoover Honey Emergency Biscuits

2 c bran

2 c white flour

4 t B.P.

$\frac{3}{4}$ t salt

Mix well, add

6 T fat

Work in with spatula or knife, add the following mixture

$\frac{1}{4}$ c honey

$\frac{1}{2}$ c milk

Mix well, drop on greased baking sheet

Bake 25-30 minutes in hot oven

Recipe makes 16 biscuits.

Orange Marmalade

1 doz. oranges—peel and remove white fiber from pulp

Cook skins until tender

Remove white part with spoon

Cut yellow outside into fine straws

To straws and orange pulp sliced thin add

4 lemons—juice and grated rind

2¼ lb. (3 c) honey

1 t salt

Cook to marmalade consistency.

This recipe makes 6 pints.

Orange and Carrot Marmalade

2 c cooked chopped carrot

1 orange—cook peel until tender, then cut into straws

1 lemon—juice and grated rind

½ t salt

Cook to marmalade consistency.

Plum Relish

2 lbs. plums—stoned

1 lb. pecans

1 lb. raisins

2 oranges

1 t salt

Grind mixture, add

1 lb. (1⅓ c) corn syrup

Let stand ½ hr. Then cook 20 to 30 min.

Stir constantly.

Recipe makes 5⅓ pints.

FOREWORD

Protein, which provides the material necessary for the growth and the repair of the body, is found not only in meat, but also in milk, eggs, cheese, poultry, game, fish, beans, peas, grains and nuts. If you want to perform a patriotic duty, eat less of the beef, pork and mutton products—food which can be easily shipped across the water to our allies and our army—and substitute other foods rich in protein, including perishable meats which cannot be transported so readily. If each of the 20,000,000 families in the United States will cut down the daily consumption of meat *one ounce*, the supply available for shipment abroad will be increased 1,250,000 pounds per day. Is this amount not worth saving and sending?

RECIPES

Baked Beans

3 c beans—any kind available

Soak several hours, drain, cover with fresh water.
heat slowly, simmer until skins burst, drain and
add

$\frac{1}{4}$ c peanut or cottonseed oil

2 T salt

4 T molasses

1 t mustard, if desired

Boiling water to cover beans.

Cover bean pot, bake slowly from 6 to 8 hrs.

Add boiling water as needed.

Note: A chopped onion will add a delicious flavor.

Bean Chowder

2 c kidney, Mexican or frijole beans, well washed

Water to cover

Soak over night or for several hours, drain, cover
with fresh water.

Cook until tender, add

$\frac{1}{2}$ medium sized potato—diced

$\frac{1}{4}$ medium onion—sliced

Cook until vegetables are tender, add

$\frac{1}{4}$ c macaroni, rice, or grits—previously cooked

$\frac{1}{2}$ c stewed and strained tomato

Salt and pepper to season

Serve hot.

Bean Stew with Dumplings

1 qt. cooked beans
1 carrot—sliced or diced
1 large onion—chopped
 $\frac{1}{2}$ c celery—cut fine
2 T chopped parsley
Salt to season
f. g. pepper or paprika
Water to cover

Cook until vegetables are tender.

Drop dumpling batter by teaspoonfuls over the
boiling bean mixture.

Cook 20 minutes without lifting the cover.

Serve at once.

Cheese Fondue

1 c milk-scald
 $\frac{1}{4}$ lb. cheese (grated or cut into small pieces)
 $\frac{1}{8}$ t soda
1 c bread crumbs
1 or 2 eggs—well beaten
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t mustard—if desired
f. g. paprika

Cook slowly in double boiler until mixture is
thoroughly heated.

Serve on toasted crackers.

Eggs a la Buckingham

5 eggs—slightly beaten

$\frac{1}{2}$ c milk or water

$\frac{1}{2}$ t salt

f. g. pepper

Turn into heated omelet pan with

2 T vegetable fat

Cook until of creamy consistency—constantly stirring and scraping eggs from pan while cooking. Just before ready to remove from fire, add

4 T grated cheese

1 T chopped green pepper or parsley.

Serve on slices of dry or milk toast.

Peanut Loaf

$1\frac{1}{2}$ c white potato—mashed or diced

1 small onion—ground

$1\frac{1}{2}$ c bread crumbs (cottonseed or peanut bread may be used)

1 c roasted peanuts—ground

1 t salt

1 or 2 eggs—well beaten

2 T peanut oil

$\frac{3}{4}$ c liquid—milk or tomato sauce

2 t poultry spice

Mix in order given.

Bake in moderate oven 20 min.

Baste occasionally with tomato juice.

Note: The same amount of rice or other cooked cereal may be used.

Nut Roast

2 c stale bread crumbs

3 c milk

Soak 10 min., add

1 c pecans or walnuts—ground

2 eggs—well beaten

f. g. salt

f. g. nutmeg

f. g. onion salt

Bake in moderate oven until firm.

Serve hot with white sauce, tomato sauce, or cranberry sauce.

Peanut Soup

1 c roasted peanuts, ground or $\frac{1}{2}$ c peanut butter

Blend with white sauce made of

4 T flour made into a paste with 4 T water

$1\frac{1}{2}$ t salt

4 c milk

Bring to the boiling point.

Serve at once with crackers

Rice and Nut Rarebit

1 T flour—blend, with 1 T, then add

1 c milk

$\frac{1}{2}$ c cheese—grated or cut into small pieces

Cook until creamy in double boiler, add

$\frac{1}{2}$ c cooked rice

$\frac{1}{3}$ c nut meats—chopped

Serve on hot toast or crackers.

Split Pea Soup

1 c dried split peas—soak several hrs. Drain, add
2½ qts. cold water
½ onion

Simmer the above ingredients 3 to 4 hrs. or until
soft.

Rub through a sieve.

Make white sauce—

2 T fat

2 T flour

Blend well, add gradually

2 c milk, stir constantly

Season with

1½ t salt

f. g. pepper or paprika

Combine mixtures, reheat, serve hot.

Note: The water in which any meat was cooked may be substituted for the water.

Stuffed Cabbage No. I

1 head cabbage—soak in cold water 1 hr. Put in boiling water,
let stand where the water will keep hot, 20 min.

Drain—open leaves without breaking them.

Place the following mixture between the leaves.

1 c cooked brown rice

1 c chopped nuts—peanuts or pecans

1 hard cooked egg—white chopped, yolk riced, may be added

1 T chopped parsley

1 t salt

f. g. pepper or paprika

Tie in square of cheese cloth. Cook 1 hr. in boiling
water. Drain, serve with white or Hollandaise
sauce.

Stuffed Cabbage—No. II

1 head cabbage—cut into halves, remove the center—reserve for slaw.

Fill cavity with the following mixture:

2 T chopped parsley

$\frac{1}{2}$ c pecans—ground

1 c bread crumbs

2 eggs—well beaten

1 onion—chopped

Milk to moisten

Season to suit taste

Tie the two halves with cord.

Wrap in cheese cloth

Cook in boiling water seasoned with salt, pepper, onion, and carrots, until tender—30 to 35 min.

Drain—garnish with buttered bread crumbs.*

PERISHABLE MEATS

Fish Stew

1 c cooked fish—flaked.

Arrange in layers in baking dish with

2 cooked potatoes—sliced or diced

2 tomatoes—sliced or $\frac{1}{2}$ c stewed tomato

Season with

1 T fat

f. g. pepper or paprika

1 T chopped parsley, add

1 c milk

Cover with buttered bread crumbs*

Bake $\frac{1}{2}$ hr.

*To butter crumbs: Allow 4 T liquid fat to each cup of crumbs.

Rabbit a la Maryland

Dress, clean and cut up in serving pieces
Sprinkle with salt and pepper
Roll in flour, egg, then flour again.
Bake in dripping pan in hot oven until tender.
Baste after the first 5 min. of cooking with vegetable fat.
Serve with brown gravy or white sauce.

Roast Wild Duck

Dress, clean and truss.
Place on back in baking pan.
Sprinkle with salt and pepper.
Bake in moderate oven until tender.
Baste frequently.
Serve with plum or algerita berry jelly.
Stuff duck with one of the following:
 Apples—pared, cored and quartered.
 Small onions—dressed, or

Oyster Stuffing:

1 c bread crumbs
1 c oysters
2 T fat
f. d. onion juice
Salt and pepper to taste.
 Thoroughly mix ingredients.

COMPLEMENTS TO MEAT SUBSTITUTES AND PERISHABLE MEATS

Dumplings

2 c flour—or half, either rice flour or cornstarch

3 t B.P.

$\frac{1}{2}$ t salt

Mix ingredients and sift, add

1 T fat—clarified chicken fat.

Work in with spatula, add

1 c milk, or enough to form drop batter

Drop by teaspoonfuls into kettle of boiling water
or meat stock.

Steam 20 to 30 min. without lifting the cover.

Note: This mixture is delicious steamed with cooked dried fruit,
especially prunes.

Noodles

1 egg—slightly beaten

$\frac{1}{2}$ t salt

Flour—to make a very stiff dough

Mix the ingredients, roll dough into a very thin
sheet.

Cover with a paper or towel, let stand at least 20
min.

Flour well, roll into cylinder form, cut into $\frac{1}{8}$ inch
slices.

Shake out rolls.

Note: The noodles may be used at once or allowed to thoroughly
dry, then stored for future use.

Cook in boiling salted water until tender, 20 to 30
min.

To serve as a soup, simply add to the soup material.

To serve as a vegetable—drain, use the water in a
soup, then season with salt and butter substitute
or cream.

*White Sauce with Variations**White Sauce I.*

2 T fat

2 T flour

$\frac{1}{4}$ t salt

f. g. pepper, or paprika if desired

Blend, add gradually, stir constantly

1 c milk

Cook to the consistency of thick cream.

Serve hot.

Cheese Sauce

1 c white sauce, add gradually

$\frac{1}{2}$ to $\frac{3}{4}$ c mild cheese—cut into small pieces or grated.

Cook until cheese is melted, stir constantly.

Serve hot with potatoes, grits, toast or brown rice.

Egg Sauce I

1 c white sauce, add

1 egg—well beaten

Stir constantly until mixture is well blended.

Serve hot same as above or with fish, poultry or meat.

Egg Sauce II

1 c white sauce, add

1 hard cooked egg—white chopped and yolk riced.

Serve same as above.

Peanut Butter Sauce

1 c white sauce, add

$\frac{1}{4}$ c peanut butter

Stir until mixture is well blended.

Note: Especially delicious served with brown rice.

Tomato Sauce

Substitute—

1 c tomato juice for the milk used in the White Sauce recipe
and proceed in the usual way.

Note: The flour may be browned if desired.

For variety or additional flavor, add one or more of the following:

1 T chopped onion

1 T chopped parsley

$\frac{1}{2}$ bay leaf—added while cooking, then removed.

Hollandaise Sauce

4 T butter substitute

1 T flour

$\frac{1}{2}$ t salt

f. g. cayenne or paprika

Blend well, add

$\frac{1}{2}$ c water

Cook, stirring constantly until thickened, add to

1 egg yolk—slightly beaten

1 T lemon juice

Beat well, serve at once

FOREWORD

Today, the crying need of the Allies in every part of the country is for fat. The Germans have been able by a remarkable system of conservation to keep from actual famine, but have not been able to forestall the shortage of fats, since they have had to depend almost entirely on their own resources for their fat supply. We are much more fortunate in that we have two important vegetable fats, which are home products—cottonseed oil and peanut oil and their vegetable compounds. The use of these fats in the place of butter, lard and beef suet cannot be too strongly urged. When these are substituted for the butter, which is far more expensive, they will greatly reduce the cost of a given recipe, and also free our butter and animal fats for the use of our soldiers “Somewhere in France.”

RECIPES

General Directions for Preparing Scalloped Dishes

Butter baking dish with vegetable oil.

Sprinkle with bread crumbs.

Arrange the ingredients to be used in alternate layers, or fill dish after materials have been combined.

Fill dish not more than $\frac{3}{4}$ full.

Cover top layer with buttered (with oil) bread crumbs.

Bake according to the nature of the ingredients. See table below.

Time table:

Previously cooked ingredients—20 to 30 min.

Uncooked ingredients—45 min. to 1 hr.

Note: Proportion of ingredients in buttered bread crumbs, $\frac{1}{4}$ c oil to 1 c crumbs (1:4); blend well.

Mock-Buttered Peas and Carrots

2 c cooked carrots—diced or sliced

2 c peas—whole, add

4 T vegetable oil

1 t salt

f. g. paprika

Mix thoroughly, serve hot.

Note: Many vegetables are especially good when cut into small pieces and served hot, simply seasoned with vegetable oil, salt and pepper, if desired. This is very true of white turnips.

Creamed Celery

Select the part of the bunch which is known as second grade—leaving the best for the table as a relish.

Thoroughly wash—cut cross wise into small pieces.

Cook in small amount of boiling salted water until tender.

Drain, save the water for soup or use it in making the sauce.

Serve hot—on toast or croutons.

Note: Cook the tops, root stock and outside leaves and add water in which cooked to soup stock.

Creamed Oysters

1 pt. oysters—heat in liquor until edges begin to curl, drain
add to

1½ c white sauce No. 1 seasoned with

f. g. celery salt.

Serve on toast, or make a scalloped dish, using
alternate layers of cooked brown rice or bread
crumbs.

Creamed Pecans

1 c pecan meats—heat until well browned in

1 T oil—then add

c white sauce No. 1

Serve hot.

Croutons (Duchess Crusts)

Cut stale bread in ⅓ inch slices.

Cut slices in ⅓ inch cubes.

Bake to a golden brown.

Serve hot with cream soups.

Parsley Sauce

⅓ c oil

3 T flour

1 t salt

f. g. pepper

Blend well, add

1½ c hot water

Cook until desired thickness, add

4 T chopped parsley.

Peanut Butter

2 c peanuts—roasted, shelled and brown skin removed.

Grind several times in chopper, add

1 t salt, or enough to season to suit taste.

Stir until a soft paste is formed.

Store in covered jars or jelly glasses.

Note: If peanuts are dry, add a little peanut oil. Before using thin with a little boiling water or one-half the quantity of cooked salad dressing.

Baked Rice with Peanut Butter

2 c steamed brown rice, add

1 egg—well beaten

$\frac{1}{4}$ c peanut butter

2 T chopped parsley

1 T onion—minced

f. g. pepper or paprika

$1\frac{1}{2}$ t salt

1 t celery salt

Butter dish with peanut oil.

Bake 20 to 30 min. in moderate oven.

Serve hot.

Fish with Tomatoes

2 lbs. fish—cut into serving pieces, dip in oil, dredge with flour and sprinkle with salt. Cover with

3 tomatoes—sliced, or 2 c canned tomatoes.

Sprinkle over all

2 T flour

2 T onion—minced, if desired

f. g. pepper

1 t salt.

Bake in serving dish 30 to 45 min.

Baste with

1 c water to which has been added

2 T peanut or cottonseed oil

Serve with Parsley Sauce.

Pea or Bean Salad

- 2 c peas—whole, or green beans
- 2 T minced onion
- 4 sweet pickles—chopped
- Marinate with French Dressing
- Serve with Salad Dressing.

*Rice and Tomato Soup**Tomato mixture—*

- ½ can tomatoes
- Simmer 5 min. Add
- ¼ t soda
- Strain, add prepared

White sauce mixture—

- 2 T peanut or cottonseed oil
- 2 T flour
- 1 t salt
- f. g. pepper or paprika
- 4 c milk
- ½ to 1 c cooked brown rice
- Just before ready to serve pour tomato mixture into the white sauce mixture. Add more seasoning if necessary.

Note: For variety of flavor add one or more of the following:

- 1 T chopped parsley
- 1 T chopped onion
- 1 T chopped green pepper
- ½ bay leaf
- 4 or 5 whole cloves.

Salad Dressing

2 T flour or $1\frac{1}{2}$ T cornstarch

$1\frac{1}{2}$ t salt

$1\frac{1}{2}$ t mustard

1 T corn syrup

1 egg—slightly beaten

2 T oil

Mix well, add gradually

$\frac{1}{3}$ c water or milk

Lastly add

$\frac{1}{4}$ c vinegar or more

Cook until consistency of thick cream.

French Dressing

$\frac{1}{2}$ c peanut or cottonseed oil

5 T vinegar or lemon juice

$\frac{1}{2}$ T corn syrup

1 t salt

2 T finely chopped parsley

1 T finely minced onion

2 T finely minced green pepper

Mix ingredients, let stand 1 hr.

Beat vigorously for 5 min.

Note: Especially good served with green vegetables.

Mayonnaise Salad Dressing

2 egg yolks or 1 egg

2 t salt

1 t paprika

Beat well, continue beating while adding gradually

$1\frac{1}{2}$ c salad oil—chilled

Thin as needed with juice of

2 lemons or $\frac{1}{4}$ c vinegar

Note: Add more lemon if not sufficiently sour. Rub the bowl with a slice of onion if a slight onion flavor is desired.

Uncooked Salad Dressing

$\frac{2}{3}$ c sour cream—whipped stiff

Beat constantly while adding gradually the following mixture:

$\frac{1}{2}$ c sugar substitute

1 t salt

1 t mustard if desired

$\frac{1}{4}$ t paprika

2 T peanut oil

7 T strong vinegar or lemon juice

Note: Especially delicious with chopped cabbage.

Oil Salad Dressing (cooked)

2 T flour

1 T corn syrup

$1\frac{1}{2}$ t salt

Yolks 2 eggs or 1 egg—beaten

Blend well, add gradually

$\frac{1}{4}$ c vinegar or lemon juice

Cook in double boiler until consistency of thick cream.

Chill, add, constantly beating

$\frac{1}{4}$ c cottonseed or peanut oil.

Thin with cream as desired.

Salted Nuts

1 c unroasted peanuts or almonds—blanch, thoroughly dry.

Saute in

1 T oil

Stir constantly until a golden brown.

Remove from the pan, drain on brown paper.

Sprinkle with salt.

Note: To blanch: Pour boiling water on shelled nuts, let stand until water has cooled. Remove brown covering. It will slip off easily.

Steamed Carrot Pudding

2 c flour—graham or whole wheat
1 t cloves
2 t cinnamon
 $\frac{1}{2}$ t alspice
 $\frac{1}{4}$ t salt
1 t soda

Mix thoroughly, add

1 c nuts—chopped
2 c raisins—chopped
1 c grated raw carrot
1 c grated raw potato
 $\frac{1}{2}$ c vegetable oil
1 c corn syrup

Mix well, steam in moulds $2\frac{1}{2}$ hrs.

Serve hot with sauce or cream

Recipe fills $2\frac{1}{2}$ pound baking powder can and

Serves 15 to 18 people.

Note: This pudding will keep for several weeks if wrapped in paraffin paper and stored in air-tight receptacle.

Stuffed Peppers I

1 egg—well beaten
 $1\frac{1}{2}$ c milk
2 T vegetable oil
 $\frac{1}{2}$ c bread crumbs
 $\frac{1}{2}$ c salmon—flaked
 $\frac{1}{2}$ t salt
f. g. pepper
1 slice onion—minced, or 1 t onion salt if desirable

Fill prepared peppers with mixture

Bake in moderate oven until thoroughly heated through.

Serve with white sauce.

Note: To prepare peppers: Remove stem end, take out seeds. Cook in boiling salted water 5 min. Turn upside down to drain. Fill with prepared mixture.

Stuffed Peppers II

6 green peppers

Remove stem end of pepper, take out seeds, par-boil 5 min. Drain. Fill with following mixture

1 onion—chopped or 1 t onion salt

2 T fat

4 T cooked vegetable—(leftover)

$\frac{1}{3}$ c gravy or sauce

3 T bread crumbs

4 T leftover meat—chopped.

Season to suit taste. Bake until thoroughly heated through.

Tomato Jelly Salad

$1\frac{1}{2}$ c tomato juice

$1\frac{1}{2}$ t salt

$\frac{1}{4}$ t onion salt

$\frac{1}{4}$ t cinnamon

$\frac{1}{8}$ t cloves

$\frac{1}{2}$ t celery salt

Bring to boiling point, pour over

2 T gelatine softened in

$\frac{1}{4}$ c water

Turn into moulds, chill.

Serve on lettuce, watercress, or peppergrass.

Garnish with mayonnaise.

Trio Vegetable Salad

Equal portions of cooked

Turnips—sliced or diced

Beets or Carrots—sliced or diced

Peas—whole

Arrange in layers in mould.

Prepare gelatine mixture, as soon as it begins to solidify pour it over the prepared vegetable.

Follow the directions on the package for the proportion of water and gelatine.

Mould as desired.

Serve on lettuce, peppergrass or watercress.

Note: The gelatine may be omitted and the vegetables marinated with French dressing, then served with any desired dressing and garnishing. Other combinations of vegetables may be used.

White Sauce I (for vegetables)

2 T oil—peanut or cottonseed

2 T flour

$\frac{1}{2}$ t salt

f. g. pepper or paprika

Blend, stir constantly while adding

1 c milk

Cook until consistency of thick cream.

Serve hot with the following vegetables: carrots, peas, cauliflower, potatoes, beans, cabbage, spinach, celery, onions, turnips.

White Sauce II (for soups)

To White Sauce I add an extra cup of liquid—milk, or part soup stock.

